

ABSTRACT OF THE DISCLOSURE

Co/Pd or Co/Pt superlattice is provided to enable magnetic recording devices to sustain good recording/readback performances across a wide range of temperatures. Such a superlattice medium includes a substrate and a magnetic layer formed on the substrate and the magnetic layer comprises multilayer superlattice films of ferromagnetic metal layers which contain Co and paramagnetic metal layers which consist of Pd and/or Pt, wherein the ferromagnetic metal layers further contain a paramagnetic element and the thickness of the paramagnetic metal layers is 0.8 nm or less. When a magnetic torque loop of the perpendicular magnetic recording medium is measured with a torque magnetometer, the polarity of a value of loop components with translational symmetry of 90 degrees should be opposite to the polarity of a value of loop components with translational symmetry of 180 degrees. Perpendicular magnetic recording media of high performance are achieved in which high recording/readback signal quality is achieved and change in superlattice magnetic properties with extreme temperature change is suppressed.